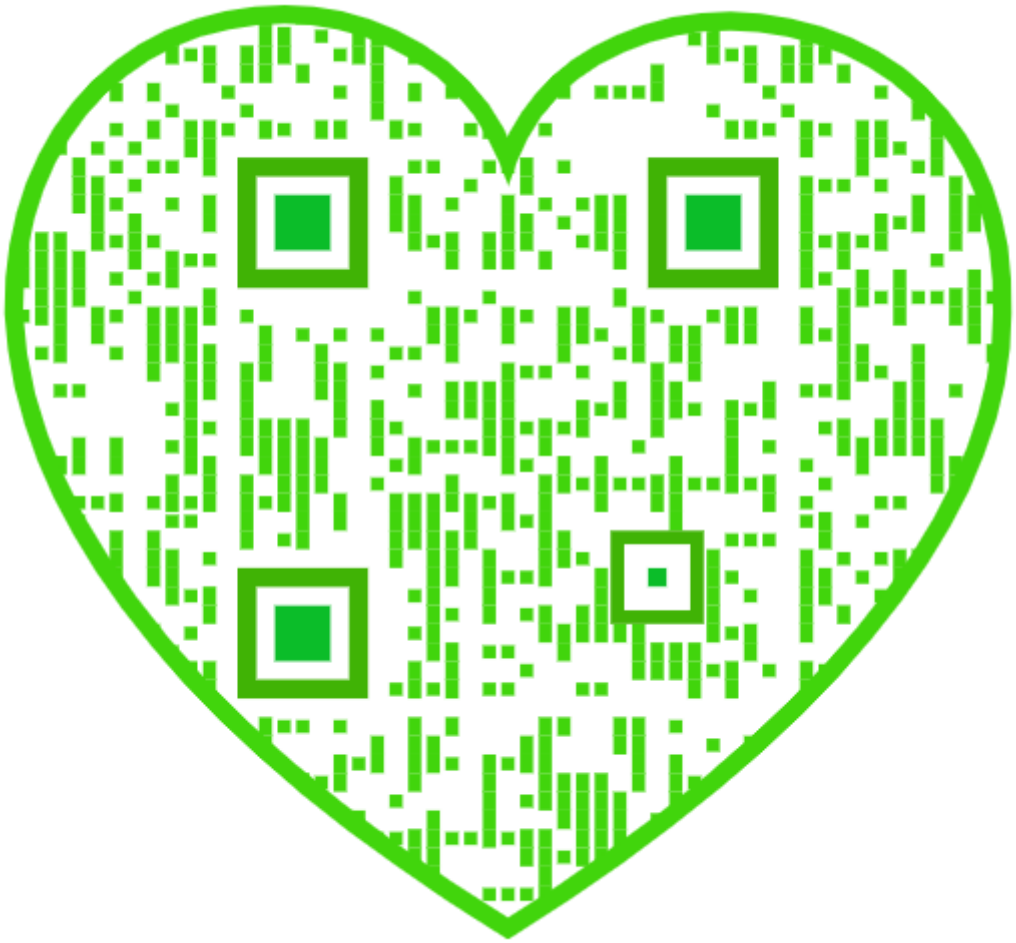
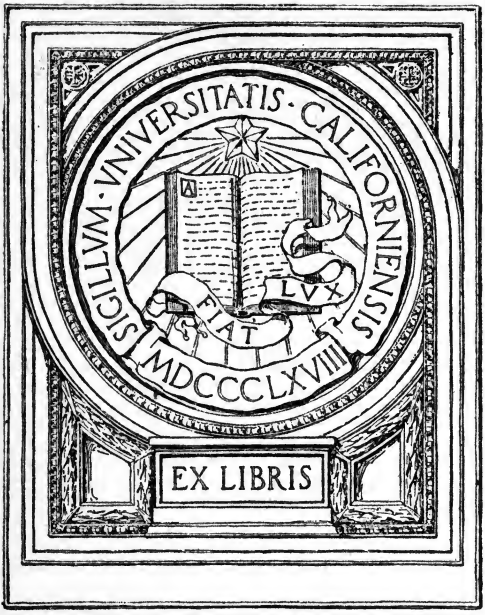
WAR-TIME BREADS AND CAKES

AMY L. HANDY

UC-NRLF
$B 261 583




SIGILLVM · VNIVERSITATIS · CALIFORNIENSIS
LVX
FIAT
MDCCCLXVIII
EX LIBRIS

Books by Amy L. Handy

PUBLISHED BY

HOUGHTON MIFFLIN COMPANY

WAR-TIME BREADS AND CAKES.

WAR FOOD. Practical and Economical Methods of Keeping Vegetables, Fruits, and Meats.

WAR-TIME BREADS AND CAKES

WAR-TIME BREADS AND CAKES

BY

AMY L. HANDY

Author of WAR FOOD

BOSTON AND NEW YORK
HOUGHTON MIFFLIN COMPANY
The Riverside Press Cambridge
1918

TX769
H3

COPYRIGHT, 1918, BY AMY L. HANDY

ALL RIGHTS RESERVED

Published March 1918

FOREWORD

For the last twenty years the housewives of our country have been more and more depending upon the bakers for the bread used in the homes. In some of our cities the home-baked loaf is hardly known.

Although the commercial bread has been of great variety and of excellent quality, it has never been an economical method of serving the family with the staff of life.

By depending upon ready-baked bread we have come to consider it a difficult process to make good yeast bread and almost a hardship to try to have home-made bread.

I had fallen into the habit of buying my bread; my family was so small that it hardly seemed necessary to insist that bread should be made in my kitchen when good bread could be bought at a reasonable price. The result was that when the call came to conserve the wheat, I resorted almost entirely

374147

to quick breads made with baking powder or with sour milk and soda. However, the experiments that I made with these materials proved so interesting and satisfactory that I decided to see what I could do with a yeast-cake and other grains than wheat.

My first experiments were failures and I was discouraged because, instead of saving food, I was wasting it, and yet I was unwilling to acknowledge myself defeated by the little square of leaven that came to me so attractively done up in tinfoil.

After careful consideration I decided that I had rushed into undue intimacy with a force of which I had very little understanding and that I might do better if I cultivated the acquaintance by degrees.

My next experiments were made with a very simple sponge of whole wheat flour, water, and yeast, which I allowed to rise for about four hours. I divided it into four parts, and to one I added scalded corn meal and rye flour; to the second, raw corn meal and whole wheat flour; to the third, barley flour

and rye; and to the fourth, rice flour. I put salt in each lot, but no sugar or shortening. As I worked I kept a paper and pencil beside me and made careful notes of everything I did, also of results that I expected and of any doubts that occurred to me as to the wisdom of what I was doing. The four little loaves that resulted taught me many things and were the beginning of experiments that lasted through the summer — experiments that any housekeeper could make, for I had no laboratory, only the kitchen of my country house and the utensils found in every house.

In giving the results of my summer's work I have tried to make the recipes so simple and yet explicit that the most inexperienced cook can follow them.

AMY LITTLEFIELD HANDY

Barnstable, Massachusetts

CONTENTS

YEASTS 1

SUGGESTIONS FOR THE MAKING OF BREAD WITHOUT WHITE FLOUR 6

SPONGES 9

BREADS AND BISCUITS MADE WITH YEAST 15

STRAIGHT DOUGH BREADS 23

BREADS AND BISCUITS MADE WITHOUT YEAST 41

PANCAKES 56

CAKES AND GINGERBREADS 63

WAR-TIME BREADS AND CAKES

YEASTS

Buttermilk Dry Yeast

Put one quart of buttermilk in a double boiler, and when it is scalding hot add one and one half quarts of corn meal and one teaspoonful of salt, and stir well. Let this mush cool, and then add one yeast cake that has been dissolved in one half cup of lukewarm water. Set the mixture in a warm place, and when it rises stir it down and let it rise again. Repeat this process three times, and then add more corn meal and enough whole wheat flour to bind it so that it can be made into cakes. Use a rounding tablespoonful to each cake if they are to be used in winter, less if for summer use. Let them dry as quickly as possible, but do not put

them in the oven or in the sun. A rack hung high over the stove is a good place to dry them. They should have a sour, but not disagreeable, smell. These will keep all summer on a dry pantry shelf.

Potato and Hop Dry Yeast

Boil together four small potatoes and one half cup, packed, of dry hops, using three pints of water. When the potatoes are done, take them out and put through a sieve or ricer. Add two cups of whole wheat flour and mix well. Strain the boiling hop water over this mixture and beat till it is a smooth batter. Add one tablespoonful of salt and the same of ginger and one half cup of sugar. When lukewarm, add one yeast cake that has been dissolved in one cup of lukewarm water. Let this stand one or two days, the time depending upon the temperature of the room, stirring it down occasionally. When it smells good and sour, add corn meal till it is thick enough to handle. Make into cakes, using a rounding tablespoonful if they

are to be used in winter and less for summer use. Dry quickly, but do not put in the oven or in the sun. It will take a few days before they are dry enough to put away. These will keep in a box on a dry pantry shelf winter or summer.

One cake is equal to a cake of compressed yeast.

Continental Dry Yeast

WHEN putting the bread in pans save out a pint of the dough. Roll this half an inch thick, put it on plates, and leave it on the pantry shelf, turning it occasionally. It will become quite sour as it dries. After a few days the drying may be hastened, but do not overheat it or the yeast plant will be killed. When dry, break it into convenient pieces and put in a box or jar. To use, break into small pieces, enough to half fill a cup and soak till soft in lukewarm water. Use like any yeast. I have had satisfactory results using this yeast for raising a sponge.

Liquid Yeast

THIS will keep one or two weeks in summer and five or six in winter if not allowed to freeze. Scalding or freezing kills the yeast plant.

Add one cup of dry hops to two quarts of boiling water and boil gently for fifteen minutes. In the meantime peel and grate five large potatoes into enough water to cover them; this is to prevent them from turning dark. Add one cup of sugar, one tablespoonful of salt, and the same of ginger. Put this mixture into a saucepan and pour over it the water in which the hops have boiled. Cook, stirring all the time till it thickens, turn into a perfectly clean crock or jar, and when lukewarm add two cups of good yeast or two yeast cakes that have been dissolved in two cups of lukewarm water. Keep the jar where it is moderately warm and stir the yeast down as often as it rises. When fermentation stops, it will be quite thin. It should then be covered closely and put in a

cool place. It is good as long as it smells sour but does not taste so. When yeast loses its smell it has no more rising power; in other words, the yeast plant is dead.

One half cup of this yeast is equal to one cake of compressed yeast.

The potatoes may be boiled and mashed through a sieve, but practical bread-makers say that the grated potatoes make the best yeast.

SUGGESTIONS FOR THE MAKING OF BREAD WITHOUT WHITE FLOUR

Breads made with little or no wheat to be successful must be treated in a different way from white flour breads. If there is cooked cereal in the dough it must be made much stiffer than for ordinary bread. All dark breads must be well risen in the dough, but must not rise to double their bulk after putting in the pans; only to half double. The oven should not be as hot as for white bread; it should be at a temperature so that a small loaf will not be overdone in an hour and a quarter.

When possible use milk, or at least part milk, for the liquid in making the sponge; the dough will use less flour and require less kneading and the bread will have greater food value. The milk must be scalded and cooled or it may sour as the dough rises. If

corn meal is to be scalded with the milk, it is better to stir the meal into the milk when it is in the saucepan on the stove rather than to pour the hot milk over the meal.

Don't make the mistake of having the dark loaf sweet. One tires very soon of a sweet bread as the staff of life.

In using recipes for these new breads it is necessary to remember that at the present time there is no standard for these meals and flours that we are using. There are many good kinds on the market that differ in the amount of liquid that they will take up.

In none of the recipes calling for whole wheat flour do I refer to flour with bran in it. Whole wheat, rye, oat, barley, and rice flour should be fine enough to go through a fine flour sieve; otherwise they should be called meals.

Corn flour and the very fine bolted meal are as fine as the whole wheat flour and cannot be used for the recipes calling for corn meal. The coarser bolted meal can be treated as the fine granulated meal.

In making yeast bread always have the liquid lukewarm, and in cold weather it facilitates matters to warm the flour.

Never let sponge or dough get chilled until it has risen once; after that it can be put in the ice box to check fermentation till it is needed to make into rolls or coffee bread.

Thick stoneware is the best material for a mixing-bowl for yeast bread, but it is heavy to handle. If the sponge or dough is set to rise in a tin dish it should be well wrapped in a thick cloth to keep the dough at an even temperature. Both sponge and dough will stand a good deal of hard treatment, but the bread-making will be slow and the result poor.

A bread-mixer is a great labor-saver, but there should be a thick cloth cover to be used with it.

The rising of dough may be hastened by setting the dish in a pan of warm water and adding more from time to time to keep up the temperature.

SPONGES

All foreign bakers use the sponge method for their best breads and rolls and refer to that made from the straight dough as "off-hand bread."

They reasonably claim that it has many advantages; that the bread made from a sponge has a better flavor, requires less shortening and less yeast, keeps moist longer, and is more velvety in texture.

It is a more convenient method, for although the sponge will rise in four hours it can stand longer than the straight dough without deterioration, and many kinds of bread, coffee cake, and rolls can be made from one sponge.

All dark breads have a more attractive color if one tablespoonful of dark molasses is added to the sponge, but this hastens the rising; so, if the sponge is to stand overnight, do not add it till morning when the bread is mixed.

Salt retards the rising, so it is better in cold weather to add that when the bread is made up.

Whole Wheat Sponge

SCALD three cups of milk and let it stand till it is lukewarm. Add one teaspoonful of salt and one tablespoonful of molasses and one yeast cake that has been dissolved in one half cup of warm water. Stir in enough whole wheat flour to make a drop batter. Beat well and put it in a covered dish to rise. Use as directed in the bread recipes. Water can be used in place of milk.

Potato Sponge

MASH or put through a ricer enough hot boiled potatoes to make two cupfuls. Add two cups of whole wheat flour and mix well. Pour over this two cups of the water in which the potatoes were boiled; this should be hot enough to thoroughly scald the mixture. Add one tablespoonful of molasses and two teaspoonfuls of salt. Stir till it is a smooth batter. If this is to be made into a sponge at

once, add one cup of cold water, and when the batter is lukewarm add one yeast cake that has been dissolved in one cup of lukewarm water. Set it to rise four hours.

The potato and flour mixture may be made and scalded at any time that it is convenient to cook the potatoes and can stand until it is wanted for the sponge. If it has become cold, add one cup of water hot enough to make the mixture lukewarm and proceed as directed with the yeast.

Corn Meal Sponge

Boil four medium-sized potatoes in one quart of water. When done pour three cups of the boiling potato water over one and one half cups of corn meal and stir till it is smooth. Add one and one half cups of the potato that has been mashed or put through a ricer, one tablespoonful of salt, and one of molasses. When this is lukewarm, add one yeast cake that has been dissolved in one cup of lukewarm water. Set it to rise and use as directed in the recipes for sponge bread.

Oat Flour Sponge

TAKE one and one half cups of hot mashed potato, two cups of sifted oat flour, mix well, and scald with two cups of the boiling water in which the potatoes were cooked. Add one tablespoonful of molasses and one of salt. When cool, add one yeast cake that has been dissolved in one cup of lukewarm water.

Oatmeal Sponge

POUR two cups of boiling water over two cups of rolled oats and let it stand covered for two hours. Add two cups of whole wheat flour and one cup of water hot enough to make the mixture lukewarm. Stir well and add one tablespoonful of salt and the same of molasses. Add one yeast cake dissolved in one cup of lukewarm water and set to rise.

Four Varieties of Bread from one Potato Sponge

WHEN the potato sponge is light and foamy, put one third of it aside. To the other two

thirds add enough whole wheat flour to make a soft dough, but one that can be handled. Knead till it is smooth and velvety. Set it to rise. When it has doubled its bulk knead a little and divide it in two. Make a loaf of one part, and when it has half doubled its bulk bake in a moderate oven for an hour.

Roll the remaining dough into a strip half an inch thick. Spread with brown or white sugar, using a half cupful. Sprinkle one teaspoonful of cinnamon over the sugar and lay on a few raisins. Roll up carefully and put into a bread pan to rise till it has half doubled its bulk. Bake in a moderate oven. If the sheet of dough is kept as wide as the bread pan is long, this will fit in and when it is cut the spiral of sugar and cinnamon will show to perfection.

To the remaining sponge add rye flour till it is stiff enough to handle, rather a stiff dough. Set it to rise, and when doubled its bulk make all but one and one half cups of the dough into a small loaf and let it rise till

it has half doubled its bulk. Bake an hour in a moderate oven.

To make coffee cake from the remaining dough, first cream together one tablespoonful of shortening with two tablespoonfuls of sugar. Cut this into the dough with a knife and beat till it is smooth. Add one well-beaten egg and beat to a smooth batter. Spread in a cake pan and let it stand twenty minutes. Pour over it a mixture of two tablespoonfuls of sugar, one teaspoonful of cinnamon, and two tablespoonfuls of cream. Sprinkle a little flour or cake crumbs over it and bake in a hotter oven than for bread.

Maple sugar pounded till fine can be used and makes a delicious cake.

BREADS AND BISCUITS MADE WITH YEAST

Whole Wheat Bread

To any one of the sponges after they have risen, add enough whole wheat flour to make a dough that can be kneaded. Set it to rise in a warm place protected from draughts. When risen to double its bulk turn out on a bread board and work only enough to form into loaves. Let these rise to half double their bulk and bake for an hour in a moderate oven. If the loaves are large they should bake longer.

The oat flour sponge is especially good.

Graham Bread

To any of the sponges add four cups of graham meal and finish with whole wheat flour. If a coarser bread is desired, add one cup of bran and only three cups of the meal.

Whole Wheat and Apple Sauce Bread

To two cups of whole wheat sponge add one cup of apple sauce that has been sweetened and enough whole wheat flour to make a stiff dough. Proceed as for whole wheat bread.

A cup of sifted squash may be used in place of the apple sauce or one cup of beans that have been put through a sieve, in fact almost any vegetable can be used in this proportion.

Nut and Fruit Loaf

To two cups of any sponge add two cups of graham meal, one cup of chopped or broken nuts, and one dozen dates sliced. Add enough whole wheat flour so that it can be handled. Let it rise to double its bulk and then form into a loaf, let it rise, and bake.

Nut Loaf

TAKE enough of any risen bread dough to make a loaf. Roll it into a sheet half an inch thick. Scatter chopped nuts over it and roll

up and put in the pan to rise. This distributes the nuts evenly and makes a very attractive slice with the curling line of nuts.

Rye Flour Bread

To either the potato or the whole wheat sponge add enough sifted rye flour to make a dough that can be handled. Turn out on to the board and knead well, using whole wheat flour to keep it from sticking. When smooth and velvety set it to rise till it has doubled its bulk. Form into loaves, and when half doubled its bulk bake in a moderate oven for an hour and a half.

Rye Meal Bread

This is made like rye flour bread, only first adding four cups of rye meal to the sponge and finishing with rye flour.

Rye and Corn Meal Bread

To the corn meal sponge add a second tablespoonful of molasses and enough rye flour to make a very stiff dough. Knead well, using

whole wheat flour to keep it from sticking to the board. It will take nearly two cups, for the combination of rye and corn meal makes a very sticky dough, and the bread will be sticky unless the dough is kneaded till very stiff. Set it to rise till it has doubled its bulk, and then form into loaves. Let these rise till they have a little more than half doubled their bulk, and bake in a moderate oven one and one half hours.

If the oven is too hot and the crust is hard, wrap the loaf in a wet cloth and over that a dry one.

For the wheatless days use rye flour to knead instead of the whole wheat.

Raised Cinnamon Roll

WHEN making the corn and rye bread, take half the dough, enough to make one loaf, roll it out half an inch thick, spread half a cup or more raisins over it, one teaspoonful of cinnamon and two tablespoonfuls of sugar. Roll up and put in a bread pan to rise. Bake in a moderate oven.

Rye and Squash Bread

THIS makes a very palatable combination.

To the whole wheat sponge add a second tablespoonful of molasses and one and one half cups of sifted squash or pumpkin. Mix well and add enough rye flour to make a stiff dough. Continue as directed for rye flour bread.

Cooked Oatmeal Bread

To the whole wheat sponge add two cups of cooked oatmeal, cold or warm, and mix till smooth. Add whole wheat flour to make a stiff dough, set to rise, and bake as directed for corn and rye bread. Any cooked cereal may be used in this way.

Oatmeal Bread (1)

POUR two cups of boiling water over two cups of rolled oats. Do this at night, and in the morning add them to the whole wheat sponge. Add whole wheat flour to make a stiff dough, and proceed as with whole wheat bread.

Oatmeal Bread (2)

To two cups of whole wheat add one and one half cups of extra fine oatmeal, fine enough to go through a flour sieve. Use enough whole wheat flour to make a moderately stiff dough, one that can be kneaded, and proceed as with whole wheat bread.

Rice Flour Bread

Add to the potato sponge enough rice flour to make a dough that can be handled, but not too stiff. Knead, using whole wheat flour to keep it from sticking to the board. Proceed as for whole wheat bread.

Rice Flour Bread (one loaf)

Use one half the whole wheat sponge. Use the other half for a loaf of rye bread.

Cooked Rice Bread (1)

Add two cups of cooked rice to the whole wheat sponge. Mix well. Add whole wheat flour to make a stiff dough, and proceed as for whole wheat bread.

Cooked Rice Bread (2)

WHEN the potato sponge has risen well add one quart of cooked rice, one teaspoonful of salt, and enough whole wheat flour to make a very stiff dough. Work well, and let it rise to double its bulk. Make into loaves, and when it has half doubled its bulk, bake.

English Rice Muffins

TAKE out a pint of dough from the rice bread made from potato sponge before the whole amount of flour is added, while the dough is very soft. Add one tablespoonful of shortening and let it rise. Put it on the ice till ready to use, and then bake on the griddle as directed for rye crumpets.

Sweet Potato Bread

ADD two cups of boiled and mashed sweet potato to the whole wheat sponge and whole wheat flour to make a dough. Proceed as for whole wheat bread.

Quick Whole Wheat Bread

BEGIN early in the morning. Scald one and one half pints of milk or part milk and part water. When lukewarm add two level teaspoonfuls of salt, one tablespoonful of molasses, and one yeast cake that has been dissolved in one half cup of lukewarm water. Stir in enough whole wheat flour to make a drop batter and beat well. Cover and set the dish in a pan of warm water in a warm place to rise. As the water cools add more warm to keep the batter rising. This should be light and spongy in half or three quarters of an hour. Now add enough whole wheat flour to make a dough, turn out on the board, and knead well till it is elastic and velvety. Return to the bowl and cover it and set it in the dish of warm water again. When it has doubled its bulk, turn it on the board and divide it for two loaves. Put it in pans and brush the tops with milk or water. When it has half doubled its bulk, bake in a moderate oven for an hour.

STRAIGHT DOUGH BREADS

Potato Bread

PEEL four medium-sized potatoes and boil in just enough water to cover them. Mash them through a sieve and mix them with the water in which they were cooked. Add enough scalded milk to make a quart of liquid, two teaspoonfuls of salt, one tablespoonful of molasses, and one of shortening. When lukewarm, add one yeast cake that has been dissolved in half a cup of warm water, three cups of graham meal, and enough whole wheat flour to make a dough that can be kneaded. Knead till it is elastic and set it to rise. Let it double its bulk and then make into two loaves. Let them rise till not quite double their bulk, and bake about an hour in a moderate oven.

Raised Corn Bread

To one quart of boiling water add one cup of corn meal, either white or yellow. Let it boil

a few minutes, and then pour into the mixing-bowl. Add two teaspoonfuls of salt and one of shortening. When cool, add one yeast cake dissolved in one half cup of warm water and enough whole wheat flour to make a stiff dough. Knead it and set to rise. When light turn on to the bread board and knead again. Make into loaves. Brush the tops with cold water, and let them rise to half double their bulk, and bake in a moderate oven.

Corn Rolls

BREAK off pieces of the dough and work till smooth. Put in a pan and, when well risen, bake. Rolls and biscuit should be allowed to get lighter than bread before they are baked, and the oven should be hotter.

Corn Meal Mush Bread

To one quart of hot corn meal mush add two tablespoonfuls of molasses, two teaspoonfuls of salt, two teaspoonfuls of shortening, and one quart of whole wheat flour. When lukewarm, add one pint of risen sponge, one

quarter of a teaspoonful of soda, and enough whole wheat flour to make a stiff dough. Let it rise and make into small loaves. Let them rise till they have half doubled their bulk, and bake, in a moderate oven, about one and one quarter hours. Butter the crust and wrap in a cloth to cool.

Rye and Indian Bread

SCALD one cup of corn meal with one and a quarter cups of boiling water. Let it stand to swell for about ten minutes, than add two cups of cold water, two tablespoonfuls of molasses, one and a half teaspoonfuls of salt, and half a teaspoonful of soda dissolved in a teaspoonful of water. Mix and add one half yeast cake, that has been dissolved in a little lukewarm water, and enough rye flour to make a stiff dough. Knead well, and let it rise to double its bulk, then knead again and put in pans to rise. When it has half doubled its bulk, brush over the top with water and bake in a moderate oven for an hour and a half.

Oatmeal Bread

POUR two cups of boiling water over two cups of rolled oats and let it stand for about an hour. Add a quarter of a cup of molasses, one tablespoonful of shortening, half a tablespoonful of salt, and half a yeast cake dissolved in half a cup of lukewarm water. Mix well and add whole wheat flour to make a dough that can be handled. Knead lightly and set to rise. When light make into loaves and when risen bake.

Raisin Bread

SCALD one cup of milk and add two tablespoonfuls of shortening, one half cup of sugar, and one teaspoonful of salt. Dissolve one yeast cake in one cup of lukewarm water and add to the milk when it is lukewarm. Add one cup of raisins and whole wheat flour to make a dough that can be handled. Knead it and set it to rise. When it has doubled its bulk, put it into a bread pan, and when half doubled its bulk, bake in a moderate oven an hour.

Bath Buns

SIFT together four cups of whole wheat flour and one teaspoonful of salt. Work one cake of compressed yeast with a teaspoonful of sugar till the yeast is liquid. Add to two well-beaten eggs one half cup of sugar, one third of a cup of half melted shortening, and one cup of seeded raisins. Make a hollow in the center of the flour and pour in this mixture and the yeast. Mix to a stiff dough, using scalded milk that has been cooled. Set to rise, and when very light cut it in spoonfuls and put a little way apart on a greased tin. Sprinkle with chopped almonds and sugar. Let rise about half an hour and bake in a moderate oven.

Ohio Coffee Bread

To one cup of scalded milk add one third of a cup of butter, one third of a cup of sugar, and one half teaspoonful of salt. When this has become only lukewarm, add one yeast cake dissolved in one quarter of a cup of warm water, two slightly beaten eggs, and enough

whole wheat flour to make a stiff batter. Beat well; let it rise till it has doubled its bulk, and then beat again and spread evenly in pans. Sprinkle over it the following mixture: one cup of soft stale bread crumbs, two tablespoonfuls of sugar, one teaspoonful of cinnamon, two tablespoonfuls of melted butter. Let it rise and bake in a quick oven. A few chopped nuts on the top are an improvement.

Coffee Rolls

To two cups of milk that has been scalded and cooled add one teaspoonful of salt, and whole wheat flour enough to make a stiff batter. Cream one half cup of shortening with one quarter cup of sugar; add to batter. Add one (or two) well-beaten eggs, one cake of yeast dissolved in one quarter cup of warm water. Beat well, add whole wheat flour to make stiff, let it rise, and knead. Let it rise again and make into rolls. Let them rise and brush the tops with beaten egg mixed with melted butter. Bake in a hot oven.

Date Roll

WHEN bread dough is ready for the pans take out enough for a small loaf. Roll out till half an inch thick, and spread with butter, brown sugar, and dates that have had the stones taken out. Roll up and put in a bread pan. When risen bake like a loaf of bread.

Date or Fig Biscuit

WHEN putting the whole wheat bread into the pans save one pint. Roll this out one eighth of an inch thick and cut in rounds with a biscuit cutter and brush with butter. Put a layer of chopped figs or dates over half the rounds and cover with the other half. Let them rise a little and bake in a moderate oven half an hour.

Coffee Cake

CREAM one tablespoonful of shortening with two of sugar and add one well-beaten egg. Mix this with one and a half cups of any bread dough till it is a smooth batter. This

can be done quickly if a knife is used instead of a spoon. Spread the batter in a shallow pan and allow it to rise about twenty minutes. Pour over it the following mixture just before putting it in the oven: two tablespoonfuls of sugar, preferably brown, one teaspoonful of cinnamon, one teaspoonful of flour. Mix thin enough to just pour with cream or milk. A few nuts scattered over it are a great addition or some cake crumbs.

Apple Cake

WHEN the coffee cake is put in the pan lay quartered apples thickly over it and use the cinnamon mixture as directed, only using more sugar.

Squash Biscuit

To one cup of squash that has been cooked and put through a sieve add one cup of scalding milk, one teaspoonful of salt, two tablespoonfuls of melted shortening, and two tablespoonfuls of molasses. Dissolve half a yeast cake in half a cup of lukewarm water

and add to the squash mixture. Add enough whole wheat flour to make a dough, rather soft, but one that can be handled. Knead well until it is elastic, using as little flour as possible. Set to rise overnight. In the morning turn on to the board and roll lightly till the dough is about three quarters of an inch thick. Cut with a biscuit cutter and put close together in a pan. Let them rise till they double their bulk and bake about half an hour.

Whole Wheat Vienna Rolls

WHEN the potato sponge has risen take out one pint and put in the ice box until the rolls are wanted; it will keep two days.

To make the rolls beat into the sponge two tablespoonfuls of melted shortening, one quarter teaspoonful of soda that has been dissolved in one teaspoonful of water, and enough whole wheat flour to make a stiff dough. Knead well and set to rise. When it has doubled its bulk, knead again. Break off pieces the size of an egg and roll in the hands

till smooth and make them egg-shaped. Put in a pan so they do not touch each other and allow them to rise till light. Brush them over lightly with milk and draw a sharp knife across them to just break the top. Bake in a rather hot oven for about half an hour.

Whole Wheat Vienna Crescents

ONE pint of hot water, two tablespoonfuls of shortening, one tablespoonful of sugar, and one teaspoonful of salt. When lukewarm add the well-beaten yolk of an egg and a large half of a yeast cake that has been dissolved in one-half cupful of lukewarm water. Mix well and add all the whole wheat flour that can be kneaded into it. This can be kneaded in an earthenware bowl with sloping sides and never be put on the board till it is rolled out. It should be kneaded from the outside to the center until smooth and velvety — about ten minutes. Cover the dish with a tin cover and then a cloth and set to rise. When it has trebled its size, knead it thoroughly again for ten minutes and let it rise

again. After this each time it rises push it down until it is time to make into rolls.

Turn the dough on to the board and roll half an inch thick. Cut into four-inch squares and then cut these once across into triangles. These must be carefully rolled, beginning with the long side and rolling till the point is reached. Put a drop of water under the point to keep it from unrolling and put in a pan curving them to form a crescent. Let them rise again, and just before putting in the oven brush them over with the white of an egg slightly beaten with a teaspoonful of water.

These can be made into "Pocketbook Rolls" by cutting the four-inch squares in two-lengths ways and folding twice, putting a bit of butter between.

Biscuits

TAKE two cups of risen dough and add one tablespoonful of shortening. Knead well and form into biscuits. To have every biscuit an outside one, invert a greased bowl in the

middle of a round pan and put the biscuits about it.

For rolls the dough may be rolled out and cut with a round cutter and folded as for Parker House Rolls.

Potato Rolls

PEEL and boil till soft four large potatoes and mash till smooth, or better, put them through a ricer. Add two tablespoonfuls of shortening, one teaspoonful of salt, one well-beaten egg, two cups of scalded milk cooled till it is lukewarm, and two cups of light whole wheat sponge. Add enough whole wheat flour to knead; don't make it too stiff. Knead well and set to rise. When very light turn on to the board and roll out. Cut with a biscuit cutter and put close together in a pan. When very light bake in a hot oven about twenty-five minutes.

These can be made into balls the size of a large marble and three put in each muffin pan. Set to rise and bake. They will be clover leaf rolls.

Supper Rolls

To one pint of scalded milk, add one large tablespoonful of shortening, two teaspoonfuls of salt, two tablespoonfuls of sugar, and set to cool. Dissolve one yeast cake in one half cup of lukewarm water and add to the mixture when it is lukewarm. Add as much whole wheat flour as is needed to make a dough stiff enough to stir, but not stiff enough to knead. Beat well and set to rise about ten in the morning. If it rises well beat it down during the day. About an hour and a half before supper beat it down and turn on to the bread board. Do not knead, but roll it out and cut into biscuits. Put close together in a pan and allow them to get very light and bake in a good oven.

Corn Rolls

To one cup of corn meal add gradually, stirring all the time, one and a half cups of boiling milk. Let it stand for ten minutes, and then add two tablespoonfuls of shortening,

two tablespoonfuls of sugar or molasses, and one teaspoonful of salt. When lukewarm add one half of a yeast cake that has been dissolved in half a cup of warm water. Let it rise overnight, and in the morning add a pinch of soda and enough whole wheat flour to make a dough stiff enough to handle. Knead well. Break off pieces of the dough and roll round in the hands till smooth and velvety. Put in a greased pan and let them rise till light. Bake in a moderate oven.

To have all outside biscuit use a round pan and invert a bowl in the center. Grease the bowl and put the biscuits round it.

Raised Oatmeal Muffins

Pour over one cup of rolled oats two cups of boiling water and let stand covered till lukewarm. Add half a cup of molasses, one teaspoonful of salt, and half a yeast cake that has been dissolved in half a cup of warm water. Mix with enough rye flour to make a stiff dough, as stiff as can be beaten. Beat well and let it rise overnight. In the morning

beat again well and put in muffin pans. Let them double their size and then bake.

English Muffins

ONE cup of any kind of sponge (see Sponges). Add enough whole wheat flour to make a very soft dough. Beat well and allow to rise till light, overnight if desired. Beat again and half fill muffin rings that have been greased and set on a cold greased griddle. Set the griddle on the back of the stove or where it will warm slowly. When the muffins begin to rise, move the griddle where it will get hot. When they are brown on one side, turn muffin, ring and all, and bake till brown. Do not bake too quickly.

These can be eaten at once or left till cold, split and toasted. The latter is the usual way of serving them.

Plain Coffee Cake

CREAM a tablespoonful of shortening with two of sugar. When well blended add two tablespoonfuls of cream or milk. Beat this

into a cup and a half of bread dough, using a knife instead of a spoon; beat till it is a smooth batter and turn into a well-greased shallow pan. Let it stand twenty minutes; then spread with a mixture of brown sugar and milk and sprinkle over it a teaspoonful of cinnamon and a tablespoonful of flour.

Apple Cake

WHEN the coffee cake is in the pan set pieces of apple thickly over it and cover with sugar, sprinkle with cinnamon and nutmeg to suit the taste.

Peach Cake

USE peaches instead of apples and omit the spice.

Cheese Cake

BEAT a tablespoonful of shortening into one cup of bread dough and then add one well-beaten egg and beat to a smooth batter. Spread in a shallow pan and sprinkle thick with grated cheese. Add a little red pepper

if liked. Let it stand twenty minutes to rise and bake in a quick oven.

Thin breads and rolls need a hotter oven than loaves.

Rye Crumpets (1)

TAKE one cup of the potato sponge, one well-beaten egg, one tablespoonful of shortening, and one half teaspoonful of salt. Beat together with a knife till it is smooth, and then add rye flour till it is a soft dough, too thick to pour but too thin to handle. Put it in the ice box, and one hour before they are to be cooked take it out and set in a warm place to rise. Grease a cold griddle and muffin rings, half fill the rings with the dough, and set the griddle over a moderate fire. As the griddle heats the muffins will rise and be well risen when they begin to bake. When well browned on one side turn muffin, ring and all. These are good when fresh made and are very good split and toasted.

Crumpets (2)

To one cup of sponge add one tablespoonful of softened shortening and one well-beaten egg. Mix well and add enough rye or whole wheat flour to make a very soft dough. Let rise, and bake like English muffins.

BREADS AND BISCUITS MADE WITHOUT YEAST

My Favorite Corn Bread

TAKE one and a quarter cups of corn meal. Pour over this one and a quarter cups of *boiling* water and stir till it thickens. Add two teaspoonfuls of shortening, one teaspoonful of salt, one half cup of milk, and one well-beaten egg. Beat well, and just before putting into the pan sift in three teaspoonfuls of baking powder. Mix lightly and bake at once.

If the water is not boiling, the bread will be a failure.

White Corn Muffins

TAKE one cup of bolted meal, and one cup of *boiling* water. Stir till stiff. Add two teaspoonfuls of shortening, one teaspoonful of salt, and one well-beaten egg, and last two teaspoonfuls of baking powder. Bake in hot muffin pans.

The dough will be quite stiff when put into the pans, but will be delicate when cooked.

Afternoon Tea Muffins

USE the above recipe and bake in very small pans. When baked break open a little on one side and put in a bit of butter and serve at once.

Luncheon Corn Bread

PUT two tablespoonfuls of shortening, preferably bacon fat, in a bread loaf pan and set it in the oven to get hot. Beat one egg light, and add one half cup of milk or water and one cup of corn meal, two teaspoonfuls of baking powder and one half teaspoonful of salt. Beat well and pour in the melted shortening. Beat again and put into the pan in which the shortening was melted. Lay thin slices of bacon on top of the dough and bake in a moderate oven.

Corn Meal Muffins

PUT one cup of milk and one of water in the double boiler, and when it is scalding stir in

gradually one cup of corn meal. Stir till smooth and let it cook ten minutes. Add two teaspoonfuls of shortening and one of salt, and set it aside till cool. Then add the well-beaten yolks of two eggs, one teaspoonful of baking powder, and the beaten whites of the eggs. Bake in hot muffin pans.

New England Spider Corn Bread

TAKE one and one quarter cups of granulated corn meal, one teaspoonful of soda, and one teaspoonful of salt. Sift together and add two well-beaten eggs and two cups of sour milk or buttermilk. Put two tablespoonfuls of shortening in an iron frying-pan and set it on the top of the stove to melt. When hot pour in the corn mixture and set the pan back on the stove. Pour over it gently without mixing one cupful of cold sweet milk. Bake on the middle grate of the oven for about half an hour. It will be creamy when done. Run a knife round the edge of the frying-pan to loosen the cake and turn it over on to a cover. Put a large

plate over it and reverse it and the cake is right side up and unbroken. Do not cut it till it is on the table. It must be eaten hot.

Cereal and Corn Bread

To one well-beaten egg add one and a quarter cups of buttermilk or sour milk. Sift together one cup of corn meal, one half cup of whole wheat flour, one teaspoonful of salt and one of baking powder, and one half teaspoonful of soda. Add this to the egg and milk and beat well; add one cup of cold cooked rice or any cooked cereal. Bake in two layer cake pans for half an hour. Take from the pans and pile one on the other, spreading butter between. Serve hot.

This can be made with sweet milk by substituting two teaspoonfuls of baking powder for the soda. It will make sixteen muffins if preferred that way.

Always use a little baking powder with the soda and sour milk; it makes the bread lighter.

Corn Meal Drop Biscuit

To one cup of corn meal add one cup of boiling water and stir till it is thick. Add one teaspoonful of salt and the same of sugar and butter. Mix well, and then stir in one half cup of milk. Sift three teaspoonfuls of baking powder with one cup of whole wheat flour and add it to the corn meal. The meal still being hot the mixture will be foamy. Add enough more flour to make a stiff dough and drop from a spoon on a buttered pan and bake in a good oven. If the dough is too thin they will spread and be flat when baked.

These may be made with rye flour instead of the wheat.

Corn Meal Biscuit

Pour one cup of boiling water over one cup of corn meal, preferably bolted meal. Stir well, and when it thickens add two tablespoonfuls of butter substitute and one teaspoonful of salt. Let it stand till cool. Sift together one cup of whole wheat flour and

four teaspoonfuls of baking powder. Add to corn meal and enough more whole wheat flour to make a dough that can be handled. Knead lightly and pat out three fourths of an inch thick. Cut with small biscuit cutter and bake in a brisk oven, about twenty minutes.

Barley Biscuit

SIFT together one cup of barley flour, one cup of whole wheat flour, one teaspoonful of salt, and four teaspoonfuls of baking powder. Work in with two knives or with the fingers two tablespoonfuls of butter substitute or drippings. Add enough milk, about three fourths cup, to make a dough that can be handled. Roll out three fourths of an inch thick and bake in a good oven twenty-five minutes.

Oatmeal Muffins

To one cup of scalding milk add three fourths cup of rolled oats. Let them stand five minutes. Add one tablespoonful of shortening,

one teaspoonful of salt, one and a half cups of whole wheat flour, in which have been sifted four teaspoonfuls of baking powder, and last of all one well-beaten egg. Bake in hot gem pans.

Blueberry Cake

CREAM one tablespoonful of shortening with one cup of sugar. Add one well-beaten egg and beat well. Add one cup of milk and four cups of whole wheat flour, four teaspoonfuls of baking powder, and two cups of floured berries. Put in large shallow pan, sprinkle sugar over the top. Bake in good oven.

Rye and Indian Puffs

MIX together two thirds of a cup of corn meal and the same of rye meal, one teaspoonful of sugar, half a teaspoonful of salt. Beat the yolk of one egg very light and add it to one cup of milk. Add this gradually to the meal mixture and beat well. Beat the white of the egg till dry and fold it in quickly. Bake at once in hot muffin pans.

Old-Fashioned "Scalt Cake"

TAKE two cups of bolted corn meal, two teaspoonfuls of salt, and one teaspoonful of butter. Pour over this two and one half cups of boiling water and stir till it thickens. Spread it half an inch thick on a hot buttered griddle and cook twenty minutes. Spread the top with softened butter and turn the cake and bake twenty minutes on the other side.

Corn Dodgers (1)

PUT into a bowl one and one half cups of corn meal, one teaspoonful of sugar, one teaspoonful of butter, and half a teaspoonful of salt. Pour over it, stirring all the time, one and one half cups of boiling water. When thoroughly mixed and thick form into cakes and fry in hot bacon fat.

Corn Dodgers (2)

To two cups of bolted corn meal add two cups of boiling water and stir till it thickens and looks cooked. Add one teaspoonful of

salt and two tablespoonfuls of thick cream. Mix well and put in spoonfuls on a well-buttered and hot griddle. If all the directions have been followed, they will be stiff enough so it will be necessary to spread them with a knife to make them no more than half an inch thick. Before turning spread a little butter on the uncooked side or they will stick. It will take half an hour to cook them. These are delicious.

Whole Wheat Biscuit

TAKE two cups of whole wheat flour, four teaspoonfuls of baking powder, and one teaspoonful of salt sifted together. Work in three tablespoonfuls of shortening and add enough milk to make a dough that can be handled. Roll out three fourths of an inch thick and cut in two-inch squares. Bake in rather a hot oven.

Whole Wheat Popovers

POPOVERS must be baked either in stoneware cups or thick metal ones and they must be well greased and hissing hot.

Mix one and one half cups of sifted whole wheat flour and the same amount of milk to a smooth batter. Add two well-beaten eggs and half a teaspoonful of salt. Beat hard with an egg-beater for a few minutes and half fill the hot cups. These need quite a hot oven, but if it is too hot at first they will bake before they pop.

Whole Wheat Muffins (1)

CREAM one quarter of a cup of shortening with one quarter of a cup of sugar. Add one well-beaten egg. Sift together one and a half cups of whole wheat flour, three teaspoonfuls of baking powder, and half a teaspoonful of salt. Add to the first mixture, alternating with one half cup of milk. Bake in muffin pans about half an hour.

Whole Wheat Muffins (2)

SIFT together three and one half cups of whole wheat flour, two tablespoonfuls of baking powder, one teaspoonful of salt, and a quarter of a cup of sugar. Add gradually one

and one third cups of milk and one well-beaten egg; add last of all three tablespoonfuls of melted shortening. Bake in muffin pans.

Oatmeal Gems

SOAK overnight two cups of rolled oats in two cups of sour milk. In the morning add two well-beaten eggs, one teaspoonful of salt, one teaspoonful of soda sifted with one cup of rye flour. Beat well and bake in hot muffin pans.

Oatmeal Muffins (1)

To one cup of cold oatmeal, thoroughly mixed with one cup of milk, add one teaspoonful of salt, — unless the oatmeal was already salted, then use less, — one well-beaten egg, one and one half cups of whole wheat flour, and three teaspoonfuls of baking powder. These can be made without the egg. No shortening is necessary.

Oatmeal Muffins (2)

SOAK two cups of rolled oats overnight in one and one half cups of sour milk. In the

morning add one tablespoonful of melted shortening, one tablespoonful of sugar, one well-beaten egg, one teaspoonful of soda, one half teaspoonful of salt, and one cup of whole wheat or graham flour. Bake in hot muffin pans in a hot oven.

Oatmeal and Rye Muffins

To one cup of cooked oatmeal, mixed with one cup of milk, add one cup of rye flour, one half teaspoonful of salt, and three teaspoonfuls of baking powder. Bake in hissing hot muffin pans.

When cooked cereal is used, it is difficult to say just how much liquid to use because the cereal may be more or less moist.

Rye Muffins

SIFT together one cup of rye flour, three teaspoonfuls of baking powder, and one half teaspoonful of salt. Add one cup of rye meal and mix with one and a half cups of milk. Bake in hot muffin pans.

If a richer muffin is desired add one tablespoonful of shortening and a well-beaten egg.

Rye Popovers

To have popovers pop they must be baked in either thick stoneware cups or in thick iron or aluminum muffin pans which should be cup-shaped.

Sift together one teaspoonful of sugar, one teaspoonful of salt, and one and a half cups of rye flour. Stir in gradually one and a half cups of milk. Beat two eggs very light and add to the batter, and beat with an egg-beater for three minutes. Half fill hissing hot muffin cups and bake in a hot oven.

Graham Muffins

Mix together one cup of graham meal, three quarters of a cup of whole wheat flour, one quarter of a cup of sugar, one teaspoonful of salt, and four teaspoonfuls of baking powder. Add gradually one cup of milk and one well-beaten egg, and last of all three tablespoonfuls of melted shortening, beat well and bake in a hot oven.

Rice Flour Biscuit

TAKE one cup of whole wheat flour, one cup of rice flour, one half teaspoonful of salt, and three teaspoonfuls of baking powder sifted together. Add two tablespoonfuls of shortening and work it into the flour. When well mixed add enough milk to make a soft dough. Drop by spoonfuls upon a baking sheet and bake in a brisk oven.

Sweet Potato Biscuits

To three quarters of a cup of sweet potato that has been cooked and rubbed through a sieve add two cups of whole wheat flour, one teaspoonful of salt, three teaspoonfuls of baking powder. Work in two tablespoonfuls of shortening and add enough sweet milk to make a dough that can be handled. Roll out three fourths of an inch thick. Cut and bake in a hot oven. Serve hot. These are especially good with coffee.

Potato Cakes

MASH four large hot boiled potatoes with one tablespoonful of shortening, one cup of sweet milk, and a little salt. Sift together one cup of whole wheat flour and two teaspoonfuls of baking powder and add to the potato mixture. If not stiff enough to roll out, add a little more flour. Cut in cakes with a biscuit cutter and bake brown. Serve very hot.

Whole Wheat Shortcake

TAKE two cups of whole wheat flour sifted, with four teaspoonfuls of baking powder and one teaspoonful of salt. Work in two tablespoonfuls of shortening, and add milk enough to make as soft a dough as can be handled. Work slightly on the board and divide into two parts. Pat them out into rounds to fit a round pan or pie plate. Put one in the plate and spread with butter and put the other on top. Bake and split where the butter was put. Use with berries, peaches, or with creamed chicken or oysters.

PANCAKES

Potato Pancakes (*1*)

PUT eight raw potatoes through a meat chopper and season with salt and pepper. Fry in large thin cakes on a well-greased griddle, turning to brown both sides. Butter and roll each cake and serve hot.

Potato Pancakes (*2*)

PUT enough raw potato through the meat chopper to make three cupfuls. Add three tablespoonfuls of whole wheat flour, one teaspoonful of salt, and one (or two) well-beaten eggs. Beat well and bake in a well-greased frying-pan, browning on both sides. Put a teaspoonful of fat in the frying-pan and when it is melted let it run well over the pan before putting in the cake.

The cakes will be whiter if rice flour is used.

Corn Meal Griddle Cakes (1)

TAKE one cup of corn meal, pour over it one cup of *boiling* water, and stir till it thickens. Add one cup of sour milk or buttermilk, one well-beaten egg, one half teaspoonful of soda and the same of salt. Sift one teaspoonful of baking powder with half a cup of whole wheat flour and add to the batter with enough more flour to make a batter that will just hold its shape for a good griddle cake. If sweet milk is used omit the soda and add one more teaspoonful of baking powder. This is my favorite recipe.

Corn Meal Griddle Cakes (2)

SCALD two cups of milk in the double boiler and stir in one cup of coarse corn meal. Cook ten minutes and take from the fire. Add one teaspoonful of butter or shortening of some sort and let it cool. Add two well-beaten eggs and enough cold milk to make a batter that will just pour. Add one teaspoonful of baking powder and bake on a hot griddle.

Rice Griddle Cakes

To one and a half cups of cold cooked rice add one well-beaten egg and one cup of sour milk or buttermilk. Sift together one half teaspoonful of salt, one half teaspoonful of soda, one teaspoonful of baking powder, and one half cup of rye flour. Add this to the rice and egg; if not stiff enough add more flour.

If it is necessary to use sweet milk omit the soda and add one more teaspoonful of baking powder.

Bread Griddle Cakes

Cover two cups of stale bread of any kind with two cups of sour milk and let it stand for half an hour. If the bread is very hard it may need longer soaking. Add one well-beaten egg, one half teaspoonful of salt, and enough whole wheat or rye flour to make a batter that will just pour, about three quarters of a cupful. When ready to bake add one teaspoonful of soda dissolved in a little cold water, one teaspoonful of baking powder, and beat well.

Corn Meal Puffs (for dessert)

Mix two cups of corn flour (fine bolted meal will do) and half a cup of whole wheat flour and one teaspoonful of salt. Stir this into one quart of boiling milk and cook in the double boiler for fifteen minutes, keeping it stirred. Put in a bowl and add one tablespoonful of butter and beat well. When cold add one cup of powdered sugar and four eggs beaten light, a little cinnamon and nutmeg, and two teaspoonfuls of baking powder. Beat well and bake in greased muffin pans. Serve with a pudding sauce.

Half this recipe will be enough for five people.

Pulled Bread

Use a loaf of whole wheat bread not more than twenty-four hours old. Cut or whittle away the crust, then begin at one end and pull and tear the loaf in two lengthwise, then separate the halves into quarters, and then into eighths. If the loaf is large, these pieces can be divided again. Cover a large pan or

biscuit sheet with paper, lay the bread upon it, and put in a moderate oven for half an hour or until it is dry and a golden brown. It must be crisp to the center.

This will keep some weeks in a tin box, but should be freshened in the oven before using.

Deviled Toast

Cut any dark bread into thin slices and toast a golden brown. Mix well together one tablespoonful of butter, one quarter of a teaspoonful of mustard, a little cayenne and a little onion juice, and spread on the toast. Sprinkle over it a little grated cheese, and set it in the oven till it is hot and serve at once.

Hominy Crisps

To one cup of hominy that has been cooked and mashed through a sieve, add a little salt and whole wheat flour to make a very stiff dough. Knead well and roll it as thin as possible. Cut in squares, puncture it with a fork, and bake in a hot oven.

Cooked oatmeal may be used in the same way.

Girdle Cakes

Rub thoroughly together two cups of flour, one tablespoonful of sugar, half a teaspoonful of salt, two tablespoonfuls of shortening, two teaspoonfuls of baking powder, two tablespoonfuls of currants or seedless raisins. Beat one egg and add to it half a cup of milk. Stir into the dry mixture till it makes a soft dough. Turn on to a floured board and knead for a minute, then roll out half an inch thick. Cut out the size of a breakfast plate and cook on a moderately hot griddle that has been lightly greased. When brown turn and cook on the other side. When done cut each cake into quarters and turn up so as to brown the cut edges. Split and butter and serve hot.

This can be cut in rounds with a biscuit cutter and cooked the same way.

A Paste to put on Buns when half baked

Mix two teaspoonfuls of cornstarch with one quarter of a cup of cold water. Pour over it three quarters of a cup of boiling water

and cook a few minutes. Brush this over the half-baked buns, biscuits, or raisin bread, and sprinkle with sugar. Put back and finish baking.

CAKES AND GINGERBREADS

Whole Wheat Gingerbread

Put one cup of molasses and one third of a cup of shortening together in a saucepan on the stove to melt. While this is heating beat one egg and add it to one half cup of sour milk. Sift together one teaspoonful of ginger, a little clove, one half teaspoonful of salt, and one teaspoonful of soda. Add these to the hot molasses, and as it foams up pour it into the egg and milk and mix well. Add two cups of whole wheat flour and beat till smooth. Bake in a shallow pan in a moderate oven.

Rye Gingerbread

Mix together four tablespoonfuls of softened shortening and one third of a cup of sugar. Add one well-beaten egg. Dissolve one teaspoonful of soda in three quarters of a cup of molasses and beat into the first mixture. Add one teaspoonful of ginger, one half teaspoon-

ful of salt, and one half cup of milk. Beat well and add one and one half cups of rye flour and one cup of rye meal. A few raisins are a good addition.

Cape Cod Fruit Cake

CREAM together three quarters of a cup of shortening and one cup of sugar. Add one cup of molasses, one well-beaten egg, one cup of cold coffee, one cup of raisins, one tablespoonful of cinnamon, one half tablespoonful of cloves, and one tablespoonful of soda. Mix thoroughly and add one and one half cups of rye meal and three cups of rye flour. Bake in two brick loaf pans in a moderate oven. One cup of nuts and shredded citron can be added.

This cake keeps like fruit cake.

Chocolate Cake

To two well-beaten eggs add one cup of sugar and beat well. Add two squares of Baker's chocolate that has been melted with a scant half cup of shortening. Sift one table-

spoonful of baking powder, one half teaspoonful of salt, and one and one third cups of whole wheat flour, and add to the first mixture, alternating with two thirds of a cup of milk. Add one teaspoonful of vanilla. Bake in a moderate oven.

Doughnuts [1]

To two eggs beaten well, add one cup of sugar, one cup of sour milk, one teaspoonful of soda, one half teaspoonful of salt, one cup of entire wheat flour, one cup of graham, one teaspoonful of cinnamon, one teaspoonful of ginger. Then add enough entire wheat flour to roll.

Raised Bread Cake

BEAT together two thirds of a cup of shortening that is soft but not melted, two well-beaten eggs, and three quarters of a cup of molasses. Beat this mixture into one quart of risen bread dough. Beat with a knife till it

[1] Mrs. Handy is indebted to Miss Annie G. Hinckley for this recipe.

is a smooth batter, then add one and one half cups of sugar, one teaspoonful of soda, one teaspoonful of the following spices, clove, allspice, cinnamon, and ginger, and one half teaspoonful of salt. Flour two cups of raisins and fold them in lightly. Put in two small bread pans and let it stand about twenty minutes and bake one and one half hours in a moderate oven.

This cake is better a few days after it is baked.

THE END

The Riverside Press
CAMBRIDGE . MASSACHUSETTS
U . S . A

UNIVERSITY OF CALIFORNIA LIBRARY
BERKELEY

THIS BOOK IS DUE ON THE LAST DATE STAMPED BELOW

Books not returned on time are subject to a fine of 50c per volume after the third day overdue, increasing to $1.00 per volume after the sixth day. Books not in demand may be renewed if application is made before expiration of loan period.

DEC 21 1938
SEP 1 1943
MAR 12 1945
3 Nov'52 C R
OCT 20 1952 LU
10Nov'55EO
NOV 9 1955 LU
8Jan'56 C
JUL - 2 1956
6Dec'57WW
REC'D LD
DEC 2 1957

11 Mar'58 P
REC'D LD
JUN 30'64 - 12 M
NOV 18 1983
NOV 13 '83
MAY 18 2003
REC'D BIOS
APR 24 '03 -10 00 AM

50m-7,'16

YA 02115

374147

Handy

TX769

H3

UNIVERSITY OF CALIFORNIA LIBRARY